

British Orienteering Championships 2023

Long Distance Champs 25th March 2023 - Cold Ash

The last weekend of March 2023 ended up as a very happy experience. It all started on Friday afternoon, when I took part in my club swimming competitions and improved my PBs in two events. All this swimming (2 h/w) must improve my stamina and capacity of my heart and lungs 😊

Straight from the swimming pool I drove with my parents south, to spend the night closer to the Cold Ash. We arrived at the event's arena in good time, and I was able to check where the last control was, and how the home run looked like. I collected my bib and went to the near start. My parents went to the far start, so I was on my own, but I was quite confident and managed the start procedure without any problems.

Saturday Orienteering Run Description

- 1) Ran along the path, ran to control when seen.
- 2) Ran along path around the depression because I didn't want to go through the marsh or unnecessarily descend,
- 3) Ran between the thick forest and undergrowth as it was easy running and then I ran along the path the rest of the way.
- 4) Ran along the path.
- 5) Ran straight through the forest using my compass.
- 6) Ran along the ditches as they were easy to see and run along.
- 7) Ran along the path because it was not too far away from the shortest route.
- 8) Ran along the path until the stream.
- 9) Ran along the ditch because this way I knew that I wouldn't pass the control without noticing.
- 10) Here was my first mistake. My plan was to run NE to the path and then South along it, but I was confused by the fact that the OOB area did not have a fence around it, which I expected.
- 11) My second and main mistake in this race. I cut the corner and run SW following the path, but I ran too far. I realized that when I saw the pond, and then I turned back.
- 12) Another small mistake. Ran along the path and then from the crossroads I saw the control, but somehow, I spent too much time here.
- 13) I ran using my compass, but my angle was too far North, but I saw the path and bushes and I knew where I was.
- 14) Ran along the path to the crossroad, then using my compass went North to the earth wall before following it E to the control.
- 15) Came back to path and ran along it until the control on path junction.
- 16) Ran along the path East and then South along the water course.
- 17) Ran SE to the crossroads and then I ran along the road to the path junction.

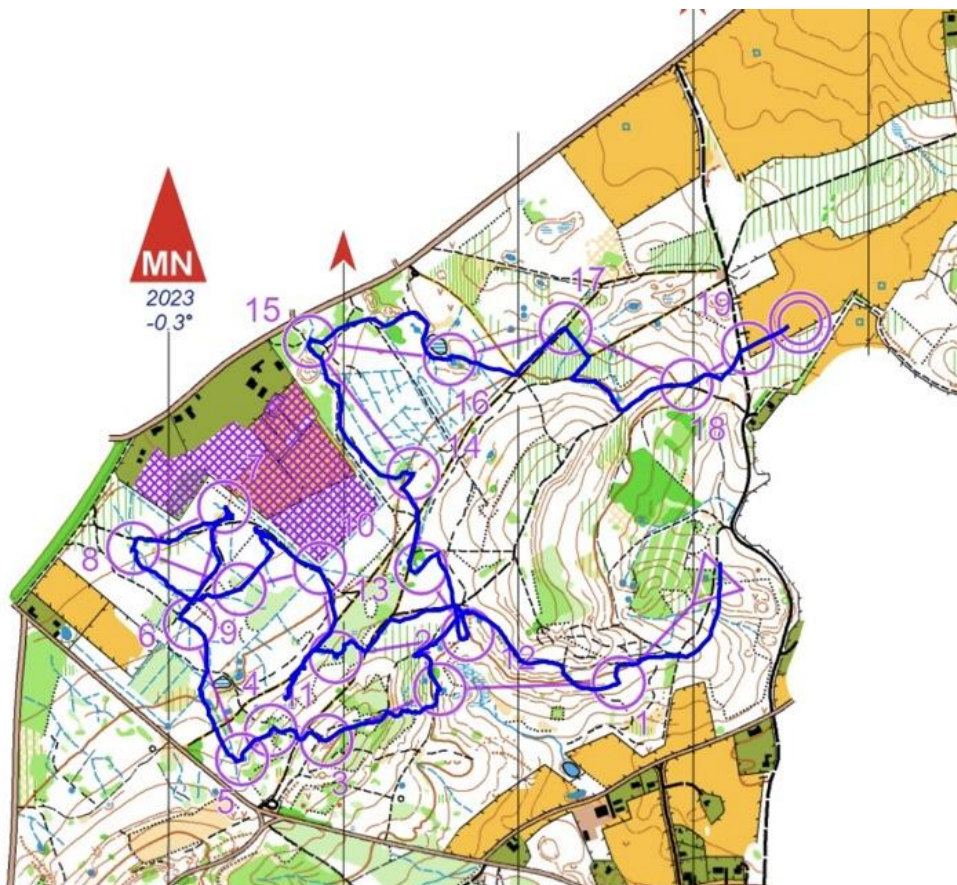
- 18) As there was some serious undergrowth I ran along the paths, and also to avoid the steepest climbing.
- 19) Ran along the paths and then I cut the last corner.
- 20) Finish: ran at max speed – indeed with time of the last leg of just 16sec I was amongst the fastest competitors from all age categories.

This was my first competition of this level, and I almost did not take part, because it is quite far from home in Cambridge. However, during the recent WAOC training camp in New Forest, I gained much more confidence and integrated much more with my fellow junior club members. So also wanted to bring out a strong M/W12 relay team with some other very good young orienteers Elysia Cowe and Alys Powell. And again, our team got a bronze medal on Sunday.

Generally, I am satisfied with my performance in the individual race. I was calm, planned ahead, and ran fast. This race had more controls than other races which I normally take part in, so maybe I lost concentration at some point and made mistakes on controls 10, 11 and 12, which cost me too much time to make up for the loss, even though I was first or second on remaining controls.

I hope these are not my last medals and I will win more in the future, and I look forward to upcoming JK23 festival. See you there.

Erik Biernacki-Jablonski M12 WAOC



BLDC 2023			
M12A M14B			
W12A W14B			
25	3.8 km	70 m	
70 m → ↗ ↘ ↙ ↚ ↛ ↜ ↝ ↞ ↠ ↡ ↢ ↣ ↤ ↥ ↦ ↧ ↨ ↩ ↪ ↫ ↬ ↭ ↮ ↯ ↰ ↱ ↲ ↳ ↴ ↵ ↶ ↷ ↸ ↹ ↺ ↻ ↼ ↽ ↾ ↿ ↺ ↻ ↼ ↽ ↾ ↿ ↺ ↻ ↼ ↽ ↾ ↿ ↺ ↻ ↼ ↽ ↾ ↿			
1	136	↘	⊥
2	178	↘	○
3	216	○	○
4	186	○	○
5	194	○	○
6	187	↘ ↘ ↘ ↘	Y
7	225	↘ ↘ ↘ ↘	<
8	193		Y
9	137	↘ ↘ ↘ ↘	Q
10	219	↘ ↘ ↘ ↘	Y
11	222	↘ ↘ ↘ ↘	Q
12	229	○	⊥
13	172	○	○
14	239	↘ ↘ ↘ ↘	Y
15	221		Y
16	145	○	○
17	223	↘ ↘ ↘ ↘	Y
18	213	↘ ↘ ↘ ↘	X
19	201	○	⊥

○ — 100 m — ○

Courses close at 16.00

